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3*3 basketball sets,exercises,driLLs,routines

Here’s a breakdown of effective 3×3 basketball sets, exercises, drills, and routines that cater to both offense and defense, suitable for players of various skill levels.

Sets and Exercises

3×3 basketball is a fast-paced, condensed version of full-court basketball that emphasizes quick decision-making, spacing, and individual accountability. Common sets and exercises include:

- **Motion Offense:** Players move without the ball, set screens, and make cuts to create scoring opportunities.
- **Ball Screens:** Use pick-and-roll actions to create mismatches or open shots.
- **Handoffs (DHO):** Quick exchanges between players to keep the defense moving.
- **Isolation:** Giving a skilled player space to attack one-on-one.
- **Transition Drills:** Practicing quick changes from offense to defense and vice versa[1][2].

Drills and Routines

Below are some of the most effective 3×3 drills and routines:

1. Continuous 3-on-3

- **How it works:** Teams play live 3-on-3 at one basket. After a score or defensive stop, the winning team attacks the opposite basket. The losing team stays and defends the next possession. This keeps the action fast and players engaged[3].
- **Variations:** Add a shot clock, dribble limit, or one-shot rule to increase urgency and focus on shot selection.

2. Closeout to Live 3-on-3

- **Setup:** Three offensive players around the perimeter, three defenders in the paint.

- **Execution:** Coach passes to any offensive player; defenders close out and play becomes live.
- **Focus:** Defenders work on closeout technique and help defense. Offense practices reading closeouts, driving, and cutting[4].

3. Rebounding and Transition 3-on-3

- **Setup:** Three teams of three. Coach shoots, and players battle for the rebound.
- **Rules:** Defensive rebound = 1 point. Offensive rebound = ball stays with the offense. Teams compete to reach a set number of rebounds or points[5][2].
- **Transition:** After a rebound or turnover, the team with the ball quickly attacks the opposite basket, simulating game-like transition scenarios[2].

4. Disadvantaged Drill

- **Setup:** Offensive player starts with a defender on their hip (advantage).
- **Execution:** Offense must maintain the advantage and score. Defense must recover and contest.
- **Purpose:** Teaches players to exploit or recover from mismatches and maintain composure under pressure[1].

5. Find – Use – Create

- **Find:** Offense must find an advantage (e.g., after a pass, defender is out of position).
- **Use:** Offense uses the advantage to attack.
- **Create:** Offense must create an advantage using screens or cuts if none is given[2].

Routine Structure Example

A typical 3×3 practice routine might look like this:

1. **Warm-up:** Dynamic stretching and light shooting.
2. **Closeout to Live Drill:** 10–15 minutes to work on defensive fundamentals and offensive reads[4].

3. **Continuous 3-on-3:** 10–15 minutes, focusing on transition and quick decision-making[3].
4. **Rebounding and Transition Drill:** 10 minutes, emphasizing box-outs and fast breaks[5][2].
5. **Scrimmage or Game:** 10–15 minutes of live 3-on-3 with specific constraints (e.g., only layups, or certain shot types count extra).

Summary Table

Drill/Routine	Focus Area	Key Benefit
Continuous 3-on-3	Transition, conditioning	Game-like pace, quick decisions
Closeout to Live 3-on-3	Defense, offense reads	Closeouts, help defense, driving
Rebounding & Transition 3v3	Rebounding, fast breaks	Boxing out, quick transitions
Disadvantaged Drill	Exploiting mismatches	Maintaining/completing advantage
Find – Use – Create	Creating advantages	Ball screens, cuts, off-ball IQ

These drills and routines will help players develop essential skills for 3×3 basketball, making them more effective and versatile on the court[1][3][4].

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1. https://www.youtube.com/watch?v=ZXbfHpmOUoU
2. https://static1.squarespace.com/static/5caae7f47d0c91660fbabccd/t/5daa76997e759e418bc545a5/1571452570101/Three-Player+Drills.pdf
3. https://en-us.360player.com/drills/continuous-3-on-3
4. https://www.breakthroughbasketball.com/drills/closeout-to-live.html
5. https://tgkathletics.com/basketball-drills-3-3-defense-rebounding/